



TENNESSEE COLLEGE OF APPLIED TECHNOLOGY

COVINGTON

1600 Highway 51 South * Covington, TN 38019 * (901)475-2526 * Fax (901)475-2528
Website: www.tcatcovington.edu

TCAT Covington Suicide Prevention Plan

TCAT Covington is committed to the mental health wellness of our students, faculty and staff. As such, and in compliance with the requirements of T.C.A. § 49-7-172, TCAT Covington has developed a suicide prevention plan that engages in a variety of initiatives to improve and provide crisis services.

TCAT Covington's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term via the Catalog/Student Handbook, website and email.

Prevention

TCAT Covington has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

Contact

TCAT Covington's contact for suicide prevention work is Amanda Heath, Vice President, 901-475-2526 ext. 21 or Amanda.heath@tcatcovington.edu.

Prevention Components & Resources

Key components of TCAT Covington's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses:

TCAT Covington is committed to and cares about all students. Support services are available for any person at TCAT Covington who is experiencing feelings of; being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help contact the National Suicide Lifeline Number 1-800-273-TALK(8255) or Text "TN" to 741741 or the Trevor Lifeline at 1-866-488-7386. Veterans may also wish to contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.

- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - TCAT Covington's website, tcatcovington.edu, and
 - through additional methods, such as flyers, posters, and orientation packets.
- Utilizing community resources and agencies to provide prevention services for TCAT Covington community members. TCAT Covington has established relationships with the following local Mental Health facilities for the purpose of providing prevention education, training and/or prevention screenings.

- Professional Care Services of West Tennessee Inc.
1997 Highway 51 South
Covington, TN 38019
1-844-727-2778
Katie.coleman@pcswtn.org

Additional Information

Information regarding such relationships at TCAT Covington is available in the Vice President or Student Services Coordinator's Office. Both offices will have available a comprehensive list of partners and services available to members of the TCAT Covington community which may include crisis referral services, prevention screenings, training programs, etc. Any campus member interested in accessing the services/agencies and training noted above, or for more information about TCAT Covington's suicide prevention efforts should contact Amanda Heath, Vice President, 901-475-2526 ext. 21 or Amanda.heath@tcatcovington.edu.

Intervention

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors deliberately or inadvertently signal their suicidal intent. Recognizing the [warning signs](http://tspn.org/warning-signs) (<http://tspn.org/warning-signs>) and learning what to do next may help save a life.

Contact

If someone exhibits behavioral patterns that may indicate possible risk for suicide, they should be watched closely. If they appear numerous or severe, seek professional help at once. **The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) provides access to trained telephone counselors, 24 hours a day, 7 days a week or the Crisis Text Line by texting TN to 741 741.**

If a student, faculty, or staff member encounters a suicidal student, faculty, or staff member, the following individual should be contacted immediately:

Amanda Heath, Vice President, 901-475-2526 ext. 21 or Amanda.heath@tcatcovington.edu.

Should the incident occur after hours, or the above noted individual is not available, the following should be contacted immediately:

Amanda Heath, Vice President, 901-481-4154 or Ms. Youlanda Jones, President

If the suicidal person has plans and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, this individual is in imminent danger and should not be left alone. Get the person help immediately. Determine who can get there quickly and keep the individual safe.

Should you have this concern, you should immediately call 9-1-1.

Intervention Resources

TCAT Covington has established relationships with the following local Mental Health facilities for the purpose of crisis referral services.

- Professional Care Services of West Tennessee Inc.
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The safety and wellbeing of our students, faculty, and staff is of the utmost importance. In situations that require immediate action because of safety or other concerns, TCAT Covington will take any reasonable administrative action or accommodation protocols that are appropriate. Such interim actions may include, but are not limited to: adjustments to schedules, ADA accommodations, adjustments of course, exam, schedules, facilitation of hold harmless voluntary withdrawals, incompletes, etc.

Additional Information

Information regarding such relationships at TCAT Covington is available in the Vice President or Student Services Coordinator's Office. Both offices will have available a comprehensive list of partners and services available to members of the TCAT Covington community. Any campus member interested in more information about TCAT Covington's suicide intervention protocol should contact Amanda Heath, Vice President, 901-475-2526 ext. 21 or Amanda.heath@tcatcovington.edu.

Postvention

Because all student/faculty/staff deaths affect our community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it important for TCAT Covington respond to and recognize all deaths in a consistent manner. Campus leadership and the communications department developed a protocol that includes a campus response to a student/faculty/staff suicide to decrease the trauma experienced by the students and other campus community members left behind and to help prevent further suicides through contagion.

Contact

If a student, staff, or faculty member death occurs by suicide, the following person, or their designee, should be notified immediately:

Amanda Heath, Vice President, 901-475-2526 ext. 21 or
Amanda.heath@tcatcovington.edu.

Postvention Components & Resources

TCAT Covington has established relationships with the following local Mental Health facilities for the purpose of working to decrease community trauma.

- Professional Care Services of West Tennessee Inc.
1997 Highway 51 South
Covington, TN 38019
1-844-727-2778
Katie.coleman@pcswtn.org

Additional Information

Information regarding such relationships at TCAT Covington is available in the Vice President or Student Services Coordinator's Office. Both offices will have available a comprehensive list of partners and services available to members of TCAT Covington. Any campus member interested in more information about TCAT Covington's suicide prevention protocol should contact [Amanda Heath, Vice President, 901-475-2526 ext. 21 or Amanda.heath@tcatcovington.edu].

Comprehensive Response Protocol

TCAT Covington's comprehensive suicide prevention, intervention and postvention protocol is available campus administration, faculty, staff, and students. For more information, please contact Amanda Heath, Vice President, 901-475-2526 ext. 21 or Amanda.heath@tcatcovington.edu.

Professional Care Services Contact Information:

Appointment Line – 1-844-727-2778

Crisis Line – 1-800-353-9918

[Covington \(901\) 476-8967](tel:9014768967)

[Brownsville \(731\) 772-9002](tel:7317729002)

[Dyersburg \(731\) 287-1794](tel:7312871794)

[Somerville \(901\) 465-9831](tel:9014659831)

[Millington \(901\) 873-0305](tel:9018730305)

[Ripley \(731\) 635-3968](tel:7316353968)

Resources:

State of Tennessee

<https://www.tn.gov/behavioral-health/need-help/crisis-services/suicide-prevention1.html>

National Institute of Mental Health

<http://www.nimh.nih.gov/about/index.shtml>

Erasing the Stigma of Mental Illness

<http://www.bringchange2mind.org/>

National Alliance on Mental Illness

<http://www.nami.org/>

Mental Health America

<http://www.mentalhealthamerica.net>

Support Groups

<http://www.adaa.org/finding-help/getting-support/support-groups>